

## ABSTRACT

The present invention relates to a protein/  
phospholipid or protein hydrolyzate/phospholipid complex  
5 containing 10 wt% or more of bound phospholipid, a lipid  
metabolism improving agent comprising the complex, and a  
functional food comprising the complex.

The present invention provides a lipid metabolism  
improving agent and a functional food, containing the  
10 complex.